



The Examiner

Naval Hospital, Twentynine Palms

"Serving with Pride and Professionalism"

Volume 4, No. 5

May 1996

Spotlight On...

People of the Quarter honored

It's another new quarter and once again it is time to honor the hard chargers of Naval Hospital Twentynine Palms who were selected as the best of the best for the period of January 1, through March 31, 1996.

Selected as the Red Cross Volunteer of the Quarter was Ms. Jennifer Ellison who received this honor because of her work in the command suite. "A devoted, resourceful, and dynamic Red Cross Volunteer, you enthusiastically took on the challenges of the day-to-day workload requirements associated with the command suite, handling each task with competence and professionalism," said Captain C.S. Chitwood, Commanding Officer, Naval Hospital Twentynine Palms, in his letter of commendation.

Easy access...



Gotta suggestion, or a comment? Try the hospital's new suggestion/comment boxes strategically located around the Combat Center.

Mess Management Specialist First Class Leslie Robinson, Jr., of the Food Management Department, was selected as the Senior Sailor of the Quarter. His letter of commendation from Captain C.S. Chitwood read in part, "Assigned as Watch Captain, Food Management Department, you have demonstrated exceptional professionalism and exemplary dedication to duty. In addition to being a superb leader and manager, you demonstrated a high level of initiative resulting



MS1 Leslie Robinson, Jr., Senior Sailor of the Quarter.

in increased readiness and improved morale. Through your outstanding leadership and commitment, you developed, coordinated, and implemented a Mess Management Specialist Rate Training Program, resulting in

significantly increased advancement examination scores for junior personnel.



HM3 Joseph D. Blackwell, Junior Sailor of the Quarter

Hospital Corpsman Third Class Joseph D. Blackwell, of the Biomedical Engineering Division, was picked as the Junior Sailor of the Quarter. His citation read in part, "As a Biomedical Repair Technician, you implemented and scheduled the inventory and preventive maintenance of medical equipment for eight Battalion Aid Stations aboard the Marine Corps Air Ground Combat Center. During this inventory, you located six defective defibrillators used on crash carts in the Battalion Aid Stations. Using your technical ex-

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Hart of the Matter...

Planning for Success — The Importance of Our Hospital's Strategic Plan

Strategic Plans...ho hum, we've heard it before, but nothing changes. This refrain is unfortunately true for most organizations in the Navy—ours being no exception. Why? Because all the people in an organization need to participate in the formulation of the Plan and then need to commit to living it. One without the other will result in the Plan being placed on a shelf to gather dust and business will go on as usual. We are in the middle of a military world and medical world that is changing around us. We cannot go on with business as usual. The world of 2-3 years from now will not be the same as it is today and we need to anticipate that change and plan for it—that is strategic planning.

The Board of Directors spent 27, 28, and 29 March developing preliminary strategies for the updating and revision of the Hospital's Strategic Plan. You say you didn't know we had an old one to update? Well you're going to know about this one! Because we want you to be part of it from start to finish. Hopefully that message came through with our Strategic Plan Open House(s) conducted 10, 12, and 17 April.

(For those of you unable to make it, let me explain. The Board of Directors walked members of the command through the working process that led to the current draft of our strategic plan. This walk-through included all the paper, posters, and yellow stick-ums [in their original form] that accumulated over our three day strategic planning retreat. During the walk-through, input was solicited from each staff member and that input was added to the yellow stick-ums and will be folded into the next draft.)

Sharing the process of strategic plan development, and soliciting and using input from every staff member says a lot. It says that we intend to live by the Plan and the Board is making a public commitment to the staff to do so.

What does "living by the Plan" mean? It will mean a number of things that I think you will appreciate:

- *We will all share a common vision. You will know where the command is going.*
- *You will understand why the command has chosen a particular direction.*
- *By having "open input for all" you will have a voice in the command Plan.*
- *You will understand "where the money goes."*

Now here's the flip side of living by the Plan. If an initiative is not in the Plan it probably won't happen. A strategic plan is a way of prioritizing for resource allocation when resources are less than the number of things we would like to do. Here's something else to consider: We shouldn't fund things based solely on warm and fuzzy intuitiveness. Ideas advanced for resourcing should have performance indicators and data that lead to demonstration of increasing quality of care in a cost effective manner.

...If an initiative is not in the Plan it probably won't happen...

So there it is. We are developing our strategic plan, we want your input, and we



Captain S.E. Hart

are pledging to live by the strategic plan that results. If anyone missed the Open House and desires a brief and opportunity for input, contact your respective Director, or myself. We will be reviewing the strategic plan again in June before finalization.

We're a great hospital with great people—a well thought out strategic plan will ensure we stay great. As change swirls around us, we will always know our course.

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Commanding Officer

CAPT. C.S. CHITWOOD, MSC

Executive Officer

CAPT. S.E. HART, MC

Public Affairs Officer/Editor

DAN BARBER

The **EXAMINER** welcomes your comments and suggestions concerning the newsletter. All comments should be forwarded to the Public Affairs Office by the 15th of each month. The Public Affairs Office telephone number is (619) 830-2362.

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The **EXAMINER** staff would like to thank all those who participated in this edition.

Chaplain's Corner...

Armed Forces Day -- May 18th

By Lt. Samuel Ortega, Chaplain
Naval Hospital Twentynine Palms

This month we celebrate Armed Forces Day. There are many things that can be said about how the United States Armed Forces have provided and maintained liberty for this country. I believe that history testifies how blessed we have been in this country through God's armed force and the United States Armed Forces. Without one or the other we wouldn't be experiencing the freedom we have today.

It would be great if there were no need for armed forces, but considering the world's situation there is a need to have them ready to defend and protect what is right, freedom. There are forces all around us trying to destroy what God has given us. And as good and faithful stewards we will protect our freedom through His force and our U.S. Armed Forces.

Back in the Old Testament times Israel formed their own armed forces. The Israelites fought against the Ammonites, Egyptians, Philistines, Midianites, and many other nations in order to fulfill God's plan for them. There is no doubt in my mind that God could have destroyed these nations with no great effort, but He chose to put Israel through tests of loyalty and faith.

One of the greatest tests of loyalty and faith was the test given to an individual named Gideon. Gideon was preparing to fight with the Midianites when God told him to cut down on his forces. This was surely an order that many of us would probably disregard. The Lord wanted Gideon to fight thousands of Midianites with his three hundred Israelites. In faith, Gideon took these men with him to fight against the Midianites. When the battle was over, Gideon came forth triumphantly.

The United States Armed Forces stand for what God wants for all, freedom. Freedom to worship, freedom to use the talents He has given to each person, freedom to serve humanity in our country and in other countries. The price that is paid for freedom has been great. Many individuals in the U.S. Armed Forces have given their lives for freedom. Families have been separated for long periods of time from their loved

ones due to wars and deployments. Going through these experiences has been worth our goal. When we look over to God's armed force, we see the greatest General of all, Jesus Christ. Christ also had to pay a great price for our freedom from sin and death. Christ paid the ransom. He died on the cross for all of us. Therefore, through His blood we are free to live eternally with Him. Freedom doesn't come easy, but it has been worth all the sacrifices.

As we live in a country that offers us freedom, let's thank God for His love and the U. S. Armed Forces. The best way to thank God and our armed forces is by supporting them. The world around us tries to break our armed forces and country, but with the dedicated and committed armed forces that we have, we will preserve our freedom.



HM3 Mauricio Salazar receives a CG Certificate of Commendation from a Captain C.S. Chitwood.

Gettin' promoted...



LTJG Troy King receives new shoulder boards at a recent promotion ceremony.



LCDR Amir Harari takes the oath during his recent promotion ceremony.

World Philosophy on the Direction of Combat Medicine

By Captain Uriel R. Limjoco, MC, USNR

The world's philosophy on the current direction military medicine is taking was recently exposed in Sydney, Australia at the 6th Asia Pacific Military Medical Conference which took place April 14-19, 1996. The meeting was hosted jointly by the Australian Defence Force and the United States Army, Pacific. It was attended principally by delegates from Australia and the United States but other countries represented included Malaysia, India, Singapore, Fiji, New Guinea, Philippines, Bangladesh, Tonga, Sri Lanka, Russia and others. I was on the faculty presenting our experience on medical evacuation at Naval Hospital Twentynine Palms. The most senior military medical officer in attendance was LTG Alcide M. LaNoue, Surgeon General of the U.S. Army.

The "no-touch" dictum for combat wounds which was promulgated by the Billroth School of Surgery in Vienna during the late 1800's proved disastrous to casualties of the First World War. This led to the establishment of definitive care facilities closer and closer to the battlefield. However, MG P.K. Carlton, MC, USA, expounded on the Year 2010 Vision of the U.S. Joint Chiefs of Staff when our currently functioning definitive care, with heavy assets, in the theater will be replaced by essential care, with limited assets but light, mobile and easily evacuated by air. Several papers on pathologic physiology at different altitudes and on sophisticated physiologic monitoring and therapy during air transportation were presented. CDR Jennifer Firman, Royal Australian Navy, discussed the new vehicle code named "Remora," a mini-intensive care facility which attaches to submarines for medical evacuation. Flight Lieutenant Trevor Gardner of the Australian Air Force showed pictures of the MIRF, an air transportable mobile intensive care rescue facility. I believe a similar facility is being developed, if not in use already, at Wilford Hall in San Antonio. The LSTAT (Life Support for Trauma and Transport) in the U.S. Army's version of a similar facility enclosed in an armored personnel carrier.

A paper on the Oklahoma bombing men-



Captain Uriel R. Limjoco

tioned that too many wounds were closed primarily which should have been left open to allow healing by granulation or secondary closure. It remains inescapable that access to high quality definitive care at the theater of operation, or within easy and safe

transportation from the theater of operation is the major objective of combat medical care? To stress this particular point, Colonel Vasily Stepanovich Nefyodov of the Russian Federation compared experiences on Returns to Combat Duty for casualties of the "former Soviet Union" from the Great Patriotic War (WWII), Afghanistan and Chechnya. A five-fold increase in number of soldiers returning to duty was reported in those who received definitive care within 12 hours of their injuries.

Information from numerous papers presented and the open discussions which followed portrayed a global feeling shifting from definitive military care on theater towards basic yet sophisticated essential care in a high mobile environment. The rest of the week long conference was devoted to papers on control of infectious diseases, preventive and environmental medicine, medical issues of military women and humanitarian assistance.

The April weather in Sydney was cool and dry, and outstanding Australian hospitality was abundant.

Pilipino-American Association of Twentynine Palms to celebrate

98th Anniversary of Philippine's Independence

The Pilipino-American Association of Twentynine Palms has been granted permission to operate as a private organization aboard Marine Corps Air Ground Combat Center. The Association is the principal organization in the Hi-Desert representing, supporting and promoting the ethnic and cultural heritage of Pilipino-Americans. The Association envisions developing into an Asian-Pacific multi-cultural association cultivating understanding, recognition, respect and appreciation of all ethnic minorities.

The Pilipino-American Association of Twentynine Palms will celebrate the 98th anniversary of Philippine independence on June 7, 1996 at 6 p.m. in the Desert View Conference Center. The celebration will include dinner featuring Pilipino foods and a program on Pilipino culture.

An open invitation is extended to all those desiring to participate in this celebration and cultural rejoicing. Tickets are \$12 per person and may be purchased from any officer or charter members of the Association. Points of contact include:

Captain Limjoco
LCDR Padora
HMCS Fernandez
HMCS Gogo
Leo Cabato
CDR Harris
Lin Harris
Estella Youso
HMC Monsalud

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Command Career Counselor's Corner

Upward Mobility Programs and College Education

By HMCS (FMF) Fernandez,
Command Career Counselor
HM1 Lipichok,
Command Career Counselor
YN3 Smotherman,
Asst. Command Career Counselor

There are a number of people who have separated from the Navy to pursue college education. And during the pre-separation interview, a few mentioned that they would like to come back someday as a commissioned officer.

For those Sailors who are contemplating on separating at their expiration of active obligated service (EAOS), the Navy has long recognized the value of education as one of the tools in retaining quality career-oriented Sailors. We strongly encourage all-hands to find out if they are eligible for the upward mobility programs and college education (i.e., full time duty under instruction) that are available in the Navy.

In our daily Management By Walking About (MBWA), we (leaders at all levels) need to identify potential candidates for these programs and encourage them to apply. Former enlisted members who become commissioned officers through the upward mobility programs are inspirations and a good source of information. Another good source of information are members of the Command Retention/Career Information Team and there is one assigned in every directorate/department. We can only provide a brief description of each program due to space constraints. For specific details, talk to your retention/career information team member or visit the Command Career Counselor's office.

Broadened Opportunity for Officer Selection and Training (BOOST) program provides an upward mobility opportunity to Sailors who have demonstrated qualities necessary for careers as Unrestricted Line Naval Officers or as Nurse Corps Officers but whose past academic performance does not qualify them for immediate selection into an officer accession program. As the BOOST Program is a significant part of Navy Affirmative Action Plan, minority personnel are strongly encouraged to apply.

Enlisted Education Advancement Program (EEAP) enables selected active duty

The Way To Go

enlisted Navy personnel to attend colleges in residence and earn as many colleges credits as possible toward an associate's or bachelor's degree in 24 months of full-time college attendance. At a minimum, selectees are required to complete requirements for associate's degrees. They remain on active duty, drawing full pay and allowances while paying their own educational expenses. This program is not a source for Commissioned Officer status.

Medical Enlisted Commissioning Program (MECP) is a commissioning program specifically intended to provide an advancement pathway to commissioned status in the Nurse Corps, U.S. Naval Reserve, on the active-duty list. It is not intended to serve as a precursor to medical school, nor for academic programs leading to certification or licensing as a physical therapist, physician assistant, or other health care specialty. MECP provides outstanding career-motivated enlisted personnel who have attained previous college credits the opportunity to complete the requirements for a baccalaureate degree in nursing.

INSERVICE PROCUREMENT PROGRAM, MEDICAL SERVICE CORPS (MSC), HEALTH CARE ADMINISTRATION (HCA), and PHYSICIAN ASSISTANT

Takes the oath...



HM1 (FMF) Manuel Barcelona of the Nursing Directorate reenlists for a few more years.

(PA) Sections. These programs are specifically intended to provide an advancement pathway to commissioned officer status for outstanding career - motivated active duty enlisted personnel who have significant Navy Medical Department experience. For HCA, a minimum of 50 transferrable semester credit hours is required for enrollment in a baccalaureate degree program. For PA, a minimum of 60 semester hours to include Humanities, Social Sciences, Biological and Physical Sciences is required for PA training.

ENLISTED COMMISSIONING PROGRAM- This program provides outstanding Sailors with previously earned college credits to complete bachelor's degrees in 36 months or less through full time study at an NROTC college or university. Selectees remain on active duty, drawing full pay and allowances while paying their own educational expenses.

If you want a COLLEGE DEGREE, EARN AND LEARN at the same time and then a Commissioned Officer status afterwards - check out what the Navy has to offer. Educational opportunities abound in the Navy. Go get them. STAY NAVY!

Reups for more...



HM3 Lagonn Selles takes the oath of enlistment from Captain J.N. Ragan for four more years.

People of the Quarter

Continued from page 1.

expertise, you coordinated the hazardous materials' inventory for the Biomedical Engineering Division, disposing of excess chemicals, updating the Material Safety Data Sheets, and conducting safety training. Your superior leadership skills have enabled you to successfully manage 22 Fiscal Year 1996 service contracts valued at approximately \$300,000 and coordinate contract repairs and preventive maintenance for the equipment located in the hospital."



Mrs. Jill E. Pigo, Civilian of the Quarter.

Mrs. Jill E. Pigo, of the Maternal Infant Nursing Department, was selected as the Civilian of the Quarter. Her citation read in part, "You are without a doubt a 'Model Civilian Employee' who is totally committed to the goals of this organization, as well as the goals of Navy Medicine. Respected as a true team player, you consistently seek out ways to improve the department, consistently maintaining a high level of personal motivation and initiative."

Mrs. Johnetta Myers, Secretary to the Executive Officer, was selected as Senior Civilian of the Quarter. Her citation read in part, "While serving as secretary to the Executive Officer, you have performed your duties in a highly professional manner. As a result of your innovation, dedication, and technical skills, the executive suite has experienced remarkable efficiency in support of patient care. The hospital has received numerous comments on your outstanding customer service."

Lieutenant Junior Grade Rodney D. Mann, NC, USNR, of the Maternal Infant Nursing Department, was named Officer of

the Quarter. His citation read in part, "You have earned great respect at all levels for your consistent quality nursing care, teamwork and dedication to mission accomplishment. You



Mrs. Johnetta Myers, Senior Civilian of the Quarter.

display impressive managerial, organizational, and leadership skills, rarely seen in an officer of your rank."

Congratulations to all!



Lt.j.g. Rodney D. Mann, NC, USNR, Officer of the Quarter.



Mrs. Jennifer Ellison, Red Cross Volunteer of the Quarter receives her Letter of Commendation, Honorable Desert Rat Certificate and a Plaque.

It was yummy good... and healthy too...



The hospital's Galley was all decked out last month during Nutrition awareness day, which was headed up by Elaine Grossman and the Food Service Department.

Letters...

Very appreciative

Dear Captain Chitwood,

In late October, I had to make an emergency trip to Texas to help take care of a terminally ill relative. Needless to say, it was a very sad and stressful time for me. The doctors told me I was at high risk for colon cancer, and to have tests done when I returned to California. Unless you have had these tests done, it's hard to understand, but I was very scared.

On March 22, 1996 I arrived at the base hospital to have a colonoscopy done. After weeks of anticipation, I was really scared! I was met on the third floor by General Surgery Corpsman HM3 Day. He was very helpful and kind, then clearly explained everything they would do. He even joked a bit; it made me feel a lot better. He should be commended for his down-to-earth attitude, which was at the same time very professional.

The nurse, Lt. Torres, and the scrub nurse (technician) HM3 Dean were both instrumental in keeping me calm and relaxed. Lt. Torres was very kind, and seemed genuinely concerned about my welfare. The anesthetist, LCDR Offe, truly kept my spirits up—always letting me know he was there to help me, and would make sure I was as comfortable as possible. Dr. Uriel R. Limjoco took the time to talk with me before and after the surgery. He always had a positive attitude.

I just wanted you to know how very appreciative I am for their dedication and caring attitudes. They made a difficult time much easier. You have every reason to be very proud of each of them—I am.

*Sincerely,
Barbara Archie*

Letter policy

Letters will be published on a first come, first served basis. They should be typewritten, with the writer's full name. Letters should be brief to allow maximum participation by others. Letter writers should refrain from making personal attacks.

Letters addressing specific problems pertaining to patient care can also be addressed to the Patient Contact Representative or other appropriate hospital staff member for action. Deadline for submission is the 15th of each month for the following month's issue.

Commendation

Dear Captain Chitwood,

Please accept this letter of commendation for Dr. Harari of your staff. Dr. Harari is the primary care provider for my husband, Jim Meader, USMC, (Ret.). Recently Jim underwent a total knee replacement at the Balboa Naval Hospital. He returned home on day 5 following surgery. The next two days were particularly stressful and scary as I was not sure exactly what kind of care was appropriate. I contacted Dr. Harari who was most helpful and readily available by phone during these past three weeks. Dr. Harari authorized an evaluation visit by a nurse, ordered lab work, and provided the necessary consultation requests for Jim's cardiologists.

Generally, his obvious care and concern for Jim is a model for doctor/patient relationships; I am most thankful for his professionalism and presence.

*Respectfully,
Sue Meader*

Letter of Appreciation

Dear Captain Chitwood,

LTJG Moeller is to be commended for her outstanding performance of duty in caring and aiding my first Colonoscopy procedure. Being a person having Hypertension and Agoraphia, I started to become hyper in the OR. Seeing this, LTJG Moeller instructed me to breath deep and relax. Talking to me and telling me what was happening, I became re-

laxed, as I felt her to be a caring person in more than just a professional way. Her dedication and sincerity to the patient is to be commended. LTJG Moeller is a credit to her profession and the Naval Service.

Arthur G. Buckley

Congratulations

Dear Captain Chitwood,

I want to congratulate you on the excellent staff in your X-ray Department.

I was scheduled for a Barium Enema March 7 at 9 a.m. I was called in on time, greeted and instructed to change into a gown and then positioned on the x-ray table by a very courteous young man. Next the doctor greeted me and explained what she was going to do.

All during the exam everyone was very polite and cheerful -- instructing me how to turn and what was going to happen. Time was not wasted by the personnel but I didn't feel they were rushing my exam either. They just worked well together!

I've had these exams before but I've never been treated with more dignity and felt that I've had such a thorough exam! They have taken what has been an ordeal in the past to a very bearable experience! I must say that we have been treated well by all the clinic personnel and doctors.

You can be proud of the work they do!

*Thank you,
Patty Spickilmier*

Fair Winds and Following Seas...



Captain Chitwood presents a Desert Rat Certificate to HM2 Willie Dodson upon his transfer from Naval Hospital Twentynine Palms.



Also receiving a Desert Rat Certificate is LT Paul Barfknecht who is also transferring from the hospital.

Healing Touch...



A Healing Touch display and demonstrations by LTJG Kendall Ellington, of PACU, were recently held at Naval Hospital Twentynine Palms.



Captain Kozero, Director for Nursing Services congratulates HM3 Renie Opiniano following his reenlistment as LCDR Davis, Head, Periop Department, looks on.

Navy Nurse Corps Birthday!

The Nurses at Naval Hospital Twentynine Palms will celebrate the Navy Nurse Corps Birthday through May 6 - 10, with several events as follows:

High Tea—May 8, 2 p.m. Galley Patio.

Nurse Corps Birthday Celebration—May 11, at 6 p.m. in the Desert View Conference Center on the Combat Center.

Nurse Corps Birthday Cake Cutting Ceremony—May 13, at 2 p.m. on the hospital's Quarterdeck with a reception to follow in the hospital's galley.



HM3 Dianne Davis of the Emergency Medicine Department receives a CG Certificate of Commendation from Captain Chitwood.



Mrs. Maria Fernandez receives her 10 year service award. Present at her ceremony were, left to right, LCDR Richardson, Captain Kozero, Mrs. Fernandez, and Captain Chitwood.

Armed Forces Day May 18, 1996
America's Armed Forces
Pillars of Freedom